

JUNE 2013 – Group Exercise Classes			Diabetes Program’s Salt River Fitness Center 480-362-7320	
Monday	Tuesday	Wednesday	Thursday	Friday
2 <u>11:05 am – 11:50 am</u> <b>ZUMBA</b> w/Annie <u>12:05 pm – 12:50 am</u> <b>BASICS OF KETTLEBELL</b> w/Dion <u>5:30 pm – 6:30 pm</u> <b>SENIOR DANCE 55+</b> w/Roberta <i>*Senior class will go back to 6:30 pm next week.</i>	3 <u>6:15 am – 7:00 am</u> <b>NO CLASS</b> instructor out <u>11:05 am – 11:50 am</u> <b>NO CLASS</b> instructor out <u>12:05 pm – 12:50 pm</u> <b>TOTAL BODY CONDITIONING</b> w/Dion <u>5:30 pm – 6:30 pm</u> <b>NO CLASS</b> instructor out <u>6:30 pm – 7:30 pm</u> <b>BOXING</b> w/Nevelle	4 <u>11:05 am – 11:50 am</u> <b>SPINNING</b> w/Beverly <u>12:05 pm – 12:50 am</u> <b>HIT (HIGH INTENSITY INTERVAL TRAINING)</b> w/Michelle <u>5:30 pm – 6:30 pm</u> <b>Zumba</b> w/Robin 	5 <u>6:15 am – 7:00 am</u> <b>NO CLASS</b> instructor out <u>11:05 am – 11:50 am</u> <b>BEGINNER’S CAPOEIRA</b> w/Clifford <u>12:05 pm – 12:50 pm</u> <b>ZUMBA</b> w/Robin <u>2:00 pm – 3:00 pm</u> <b>GROUP HOME EXERCISE SESSION</b> w/Nevelle <u>5:30 pm – 6:30 pm</u> <b>TNT CARDIO KICKBOXING</b> w/Michelle	6 <u>11:05 am – 11:50 am</u> <b>NO CLASS</b> instructor out <u>12:05 pm – 12:50 am</u> <b>SPINNING CRUNCH</b> w/Michelle <u>5:30 pm – 6:30 pm</u> <b>ZUMBA</b> w/Rachel
10 <u>11:05 am – 11:50 am</u> <b>ZUMBA</b> w/Annie <u>12:05 pm – 12:50 am</u> <b>TNT CARDIO KICKBOXING</b> w/Michelle <u>5:30 pm – 6:30 pm</u> <b>CARDIO &amp; PUMP</b> w/Rachel <u>6:30 pm – 7:30 pm</u> <b>SENIOR DANCE 55+</b> w/Roberta 	11 <u>6:15 am – 7:00 am</u> <b>SPINNING</b> w/Rachel <u>9:30 am – 10:00 am</u> <b>YOUTH SERVICE – MOUSERCISE</b> <u>11:05 am – 11:50 am</u> <b>YOGA STRETCH</b> w/Rachael <u>12:05 pm – 12:50 pm</u> <b>TOTAL BODY CONDITIONING</b> w/Dion <u>5:30 pm – 6:30 pm</u> <b>SPINNING</b> w/Michelle <u>6:30 pm – 7:30 pm</u> <b>BOXING</b> w/Nevelle  <b>Salt River Pool</b> <u>6:15 pm – 7:15 pm</u> <b>AQUA FITNESS CLASS</b> w/Rachel	12 <u>11:05 am – 11:50 am</u> <b>SPINNING</b> w/Beverly <u>12:05 pm – 12:50 am</u> <b>HIT (HIGH INTENSITY INTERVAL TRAINING)</b> w/Michelle <u>5:30 pm – 6:30 pm</u> <b>ZUMBA</b> w/Rachel  <b>Lehi Pool</b> <u>6:15 pm – 7:15 pm</u> <b>AQUA FITNESS CLASS</b> w/Michelle 	13 <u>6:15 am – 7:00 am</u> <b>SPINNING</b> w/Rachel <u>9:30 am – 10:00 am</u> <b>YOUTH SERVICE – MOUSERCISE</b> <u>11:05 am – 11:50 am</u> <b>BEGINNER’S CAPOEIRA</b> w/Clifford <u>12:05 pm – 12:50 pm</u> <b>ZUMBA</b> w/Rachel <u>2:00 pm – 3:00 pm</u> <b>GROUP HOME EXERCISE SESSION</b> w/Nevelle <u>5:30 pm – 6:30 pm</u> <b>TNT CARDIO KICKBOXING</b> w/Michelle  <b>Salt River Pool</b> <u>6:15 pm – 7:15 pm</u> <b>AQUA FITNESS CLASS</b> w/Rachel	14  Salt River Day  Fitness Center  CLOSED  <i>Have a safe weekend.</i> 
17 <u>11:05 am – 11:50 am</u> <b>ZUMBA</b> w/Annie <u>12:05 pm – 12:50 am</u> <b>TNT CARDIO KICKBOXING</b> w/Rachel <u>5:30 pm – 6:30 pm</u> <b>CARDIO &amp; PUMP</b> w/Rachel <u>6:30 pm – 7:30 pm</u> <b>SENIOR DANCE 55+</b> w/Roberta 	18 <u>6:15 am – 7:00 am</u> <b>SPINNING</b> w/Rachel <u>9:30 am – 10:00 am</u> <b>YOUTH SERVICE – MOUSERCISE</b> <u>11:05 am – 11:50 am</u> <b>YOGA STRETCH</b> w/Rachael <u>12:05 pm – 12:50 pm</u> <b>TOTAL BODY CONDITIONING</b> w/Dion <u>5:30 pm – 6:30 pm</u> <b>NO CLASS</b> instructor out <u>6:30 pm – 7:30 pm</u> <b>BOXING</b> w/Nevelle  <b>Salt River Pool</b> <u>6:15 pm – 7:15 pm</u> <b>AQUA FITNESS CLASS</b> w/Rachel	19 <u>11:05 am – 11:50 am</u> <b>SPINNING</b> w/Beverly <u>12:05 pm – 12:50 am</u> <b>HIT (HIGH INTENSITY INTERVAL TRAINING)</b> w/Michelle <u>5:30 pm – 6:30 pm</u> <b>ZUMBA</b> w/Rachel  <b>Lehi Pool</b> <u>6:15 pm – 7:15 pm</u> <b>AQUA FITNESS CLASS</b> w/Michelle 	20 <u>6:15 am – 7:00 am</u> <b>SPINNING</b> w/Rachel <u>9:30 am – 10:00 am</u> <b>YOUTH SERVICE – MOUSERCISE</b> <b>11AM-12PM</b> <b>FITNESS CENTER CLOSED</b> <b>HEALTH SERVICE MEETING</b> <u>12:05 pm – 12:50 pm</u> <b>ZUMBA</b> w/Rachel <u>2:00 pm – 3:00 pm</u> <b>GROUP HOME EXERCISE SESSION</b> w/Nevelle <u>5:30 pm – 6:30 pm</u> <b>TNT CARDIO KICKBOXING</b> w/Michelle  <b>Salt River Pool</b> <u>6:15 pm – 7:15 pm</u> <b>AQUA FITNESS CLASS</b> w/Rachel	21 <u>11:05 am – 11:50 am</u> <b>BASICS OF KETTLEBELL</b> w/Dion <u>12:05 pm – 12:50 am</u> <b>SPINNING CRUNCH</b> w/Michelle <u>5:30 pm – 6:30 pm</u> <b>ZUMBA</b> w/Rachel 
24 <u>11:05 am – 11:50 am</u> <b>ZUMBA</b> w/Annie <u>12:05 pm – 12:50 am</u> <b>TNT CARDIO KICKBOXING</b> w/Michelle <u>5:30 pm – 6:30 pm</u> <b>CARDIO &amp; PUMP</b> w/Rachel <u>6:30 pm – 7:30 pm</u> <b>SENIOR DANCE 55+</b> w/Roberta 	25 <u>6:15 am – 7:00 am</u> <b>SPINNING</b> w/Rachel <u>9:30 am – 10:00 am</u> <b>YOUTH SERVICE – MOUSERCISE</b> <u>11:05 am – 11:50 am</u> <b>YOGA STRETCH</b> w/Rachael <u>12:05 pm – 12:50 pm</u> <b>TOTAL BODY CONDITIONING</b> w/Dion <u>5:30 pm – 6:30 pm</u> <b>SPINNING</b> w/Michelle <u>6:30 pm – 7:30 pm</u> <b>BOXING</b> w/Nevelle  <b>Salt River Pool</b> <u>6:15 pm – 7:15 pm</u> <b>AQUA FITNESS CLASS</b> w/Rachel	26 <u>11:05 am – 11:50 am</u> <b>SPINNING</b> w/Beverly <u>12:05 pm – 12:50 am</u> <b>HIT (HIGH INTENSITY TRAINING)</b> w/Michelle <u>5:30 pm – 6:30 pm</u> <b>ZUMBA</b> w/Rachel  <b>Lehi Pool</b> <u>6:15 pm – 7:15 pm</u> <b>AQUA FITNESS CLASS</b> w/Roberta 	27 <u>6:15 am – 7:00 am</u> <b>SPINNING</b> w/Rachel <u>9:30 am – 10:00 am</u> <b>YOUTH SERVICE – MOUSERCISE</b> <u>11:05 am – 11:50 am</u> <b>BEGINNER’S CAPOEIRA</b> w/Clifford <u>12:05 pm – 12:50 pm</u> <b>ZUMBA</b> w/Robin <u>2:00 pm – 3:00 pm</u> <b>GROUP HOME EXERCISE SESSION</b> w/Nevelle <u>5:30 pm – 6:30 pm</u> <b>TNT CARDIO KICKBOXING</b> w/Michelle  <b>Salt River Pool</b> <u>6:15 pm – 7:15 pm</u> <b>AQUA FITNESS CLASS</b> w/Rachel	28 <u>11:05 am – 11:50 am</u> <b>BASICS OF KETTLEBELL</b> w/Dion <u>12:05 pm – 12:50 am</u> <b>SPINNING CRUNCH</b> w/Michelle <u>5:30 pm – 6:30 pm</u> <b>ZUMBA</b> w/Rachel 

Diabetes Program’s Fitness Centers & Group Exercise Classes are open to SRPMIC Community Members & their family, SRPMIC Residents, and Tribal and Enterprise Employees. Provide your SRPMIC Tribal ID, Employee ID or proof of residency. All individual MUST fill out Health History Form prior to using our facilities. Please see the Fitness Center Staff for paper work.

**CLASS DESCRIPTION:**

**Aqua Fitness Class:** Aqua classes should not be mistaken as “easy.” Water is very suitable for all fitness levels, young and old. Whether you are coming back from an injury or are looking for an environment that surrounds you, literally, with resistance. Make the class as hard or easy as you need it to be. Instructors will provide variety of different formats of Aqua classes; from traditional water aerobics, circuit/interval training, core and more. [Aqua Fitness Classes -- All participants must be 14 year and older. Anyone under the age of 18 must be accompanied by a parent, guardian or adult 18 yr who is also participating in Aqua class. Please for safety no child or children under the age of 14 around the pool area \(no sitting, wading, running and etc.\). Please leave child or children at home.](#)

**Basics of Kettlebell:** Kettlebell class will focus on proper form and technique while teaching the fundamentals of kettlebell training. In this class you will challenge both the muscular and cardiovascular systems with dynamic, total body movements, all the while making sure to adhere to proper form and technique. Kettlebell class can include circuits, high intensity interval training sessions, supporting movements and exercises and progressing to more challenging and advanced movements.



**Beginner’s Capoeira: (Martial Art)** Beginner Capoeira class are focused on teaching all of the movements of Capoeira; from the various escapes, to the attacks, to the basic acrobatics, all while maintaining constant movement. While learning all these movements, you will develop very solid core strength, lose weight, and tone your body muscles. You will also notice improvements in your reflexes, flexibility as well as your agility. [Capoeira was created as a way to resist their enslavement in Brazil during the 1800s and practiced secretly for years, Capoeira has finally found a place in the world of martial arts. Consisting of a dance-like fight, the martial art was designed to appear like a game. Practitioners stand in a "Roda" or circle and take turns battling in the center. Once illegal in Brazil, Capoeira is now practiced in every state and in most countries across the globe.](#)

**Boxing:** **\*\*All participants please provide your own hand wraps and gloves\*\* MUST HAVE!!!\*\*** Learning the fundamentals of boxing: foot work, proper stance, delivery of jab and straight right. Shadow boxing, Heavy Bag will be used plus offense and defense moves. It is an excellent source of conditioning and can be used as a vehicle to instruct sportsmanship, the value of conditioning and a positive release of frustrations and energies, in addition to building self-confidence and character.

**Cardio & Pump:** This class will incorporate 2-3 cardio segments (Hi/Lo, Cardio Kickboxing, Zumba or Sports Conditioning) with muscle conditioning exercise mixed in for a Total Body workout. Muscle conditioning equipment that may be used will be dumbbells, resistance tubing or bands, kettlebells, medicine balls, step and barbell weights for optimal body work.

**HIT (High Intensity Training):** This class focuses on interval training by incorporating High intensity interval training (HIT) using the 20-10 microburst training protocol. HIT workouts are short in duration and are designed to boost post exercise caloric burn so your metabolism keeps burning more calories long after the exercise is over! Be ready to work hard & sweat hard!

**Senior Dance Class 55+:** Move and groove to the oldies, country and contemporize music set in a line dancing format.

**TNT Cardio Kickboxing:** This class combines cardio kickboxing with body weight circuits and drills. Participants will perform a segment of cardio kickboxing combinations followed by a segment of body weight exercises and calisthenics.

**Total Body Conditioning (TBC):** Looking for a calorie burning class and want to add strength training to your workout? Look into joining this class! It a moderate to high intensity class that can be challenging that will give you the results you want of weight loss, lower body fat and add strength to your body. Do your weight training in a group setting. An awesome class! Variety of equipment will be used.

**Yoga Stretch:** A mind and body experience that teaches new breathing techniques while working on strength, flexibility, and relaxation. Suitable for anyone interested in improving and maintaining flexibility and body shape, while relieving stress.

**Youth Service EEP Mousercise:** Youth Service’s Early Enrichment Program exercise session for kids 3-5 years old. Incorporate aerobic exercise, coordination exercise and fun games, motor skill and aerobic conditioning. [Please contact Youth Service for more information on their YS EEP program.](#)



**SPINNING FITNESS®:**

We have **8 bikes available**. Remember to bring water bottle and towel for workouts! All spinning classes welcome the beginner to advance riders.  
*Spinning classes taught by Certified Spinning Instructor Michelle Long, Beverly Stanley and Rachel Seepie.*

**Spinning®:** Spinning® workout for 40 -50 minute ride on the indoor cycling bike where the instructor guides you through variety of movement on the bike, for example, flats, hills, runs jumps and sprints to burn calories.

**Spinning Crunch:** Get your heart pumping for 40-minute cycling workout followed by 15-minute ABs CIRCUIT.

**ZUMBA:** Join the party! Zumba combines high-energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. Add some spice and flare to your workout and shake your cha-cha! This Latin-based group exercise class is fun and easy to do. No dance experience required! **Zumba Fitness classes are taught by licensed Zumba instructors ®.**

